

Electrocardiogram Experiment

using latin square design

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1 Introduction

2 Design and the Data

3 Analysis

4 Related Contents

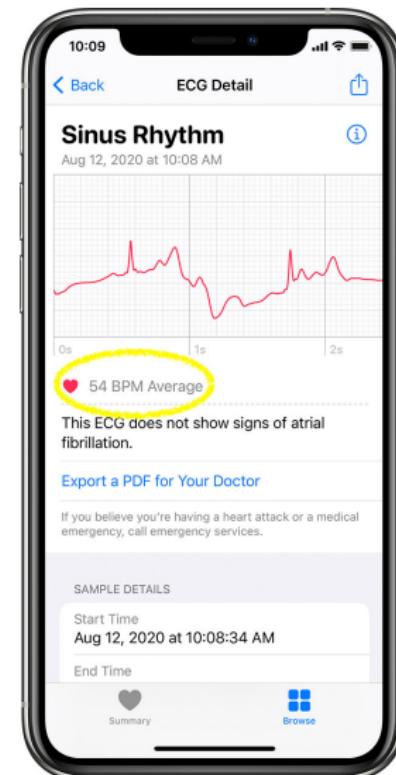
Section 1

Introduction

Electrocardiogram Experiment

Goal

- Does caffeine affect ECG or *heart rate*?
- Caffeine: *coffee*
- Output: Average heart rate (BPM)



Latin Square Design

Table 1: Reduced Latin Square

Row	Column			
	1	2	3	4
1	A	B	C	D
2	B	C	D	A
3	C	D	A	B
4	D	A	B	A

- Each treatment once in each row and column
- We allocate 4 treatment levels randomly

Section 2

Design and the Data

Blocking Factors

Caffeine intake depends on the following two factors (한동하, 2018).

Row: Coffee-to-water ratio

- ① 1:0 (Espresso, 40 ml)
- ② 1:2.5 (Water 100 ml)
- ③ 1:5 (Water 200 ml)
- ④ 1:7.5 (Water 300 ml)

Column: Drinking speed

- ① ≤ 5 sec
- ② 5-15 sec
- ③ 15-30 sec
- ④ $30 <$ sec



Factor

Intake of caffeine (himynameisabcde, 2020) from Starbucks by Nespresso

- ① House blend: 74.5 mg
- ② Sumatra: 54.5 mg
- ③ Decaf espresso roast: 3 mg
- ④ Just water: 0 mg

Output

Value: Average heart rate

- in BPM
- Notations from the course (Lee, 2021)
- Since there exists variation, we consider difference of BPM after and before:

$$y_{rc}^{post} - y_{rc}^{pre}$$

Measure

- Apple Watch Series 4
- ECG app
- Algorithm version: 1



Randomized Assignment

- ① Randomly allocate (1, 2, 3, 4) to previous (A, B, C, D)
- ② Assign to above Table 1

```
set.seed(1)
sample(LETTERS[1:4])
#> [1] "A" "C" "D" "B"
```

- Ⓐ House blend (74.5 mg)
- Ⓑ Water (0 mg)
- Ⓒ Sumatra (54.5 mg)
- Ⓓ Decaf espresso roast (3 mg)

Latin Square

Table 2: Design of the Experiment

Water	Drinking Speed			
	<=5	5-15	15-30	30<
0 ml	H(74.5)	W(0)	S(54.5)	D(3)
100 ml	W(0)	S(54.5)	D(3)	H(74.5)
200 ml	S(54.5)	D(3)	H(74.5)	W(0)
300 ml	D(3)	H(74.5)	W(0)	H(74.5)

¹ 'Water' is the coffee-to-water ratio (divide with 40 ml)

² Numbers in the brackets indicate caffeine (in mg)

- Use *reduced latin square*
- Randomization test afterward

Controlling the Other Variables

Coffee

- Drink coffee every morning (between 8:30 a.m. and 9:00 a.m.)
- after eating a piece of bread
- Nespresso machine: Pixie C61 in my home

Measure

- Sitting at the table
- Rest my arms on the table
- Use the same strip
 - Nike sport band
 - of same fit (8-th)
- and other instructions in
<https://support.apple.com/en-us/HT208955>

Section 3

Analysis

Dataset

Table 3: Experiment Data

water	Drinking Speed			
	<=5	5-15	15-30	30<
0 ml	HB, 9	W, 1	S, 7	D, 3
100 ml	W, 2	S, 6	D, 3	HB, 14
200 ml	S, 4	D, 3	HB, 1	W, 0
300 ml	D, 2	HB, 4	W, 2	S, 4

¹ Caffeine: HB > S > D > W

² Numbers indicate the difference after and before taking coffee

Introduction
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Design and the Data
○○○○○○○

Analysis
○○●○○

Related Contents
○○

References

ANOVA

Introduction
○○○

Design and the Data
○○○○○○○

Analysis
○○○●○

Related Contents
○○

References

Sharp Null

Introduction
○○○

Design and the Data
○○○○○○○

Analysis
○○○●

Related Contents
○○

References

Randomization Test

Section 4

Related Contents

Project Repo

My Github project for this experiment:

<https://github.com/ygeunkim/ecg-experiment>

himynnameisabcde (2020). r/nespresso - i received the caffeine content numbers for starbucks nespresso pods!

https://www.reddit.com/r/nespresso/comments/id31r5/i_recieved_the_caffeine_content_numbers_for/.

Lee, K. (2021). Design and analysis of experiments (sta5031).
<https://icampus.skku.edu>. Accessed: 2021-03-20.

한동하 (2018). [한동하 원장의 웰빙의 역설] 냉커피는 뜨거운 커피와 어떤 차이가 있을까?

<http://www.k-health.com/news/articleView.html?idxno=37375>.